

Our Mission

Indiana Physical Therapy Woman is dedicated to enhancing the quality of life of women of all ages through comprehensive, compassionate, and individualized physical therapy and wellness services by highly trained women therapists in a setting designed for women.

Fibromyalgia

Incontinence

Lymphedema

Osteoporosis

Pelvic Pain

Pre & Post Partum Pain

Women's Orthopedics

INDIANA PHYSICAL THERAPY

Woman

Indiana Physical Therapy Woman

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Indiana Physical Therapy Woman

is located on Illinois Road

just west of I-69.

Indiana Physical Therapy Woman

is a specialty division of

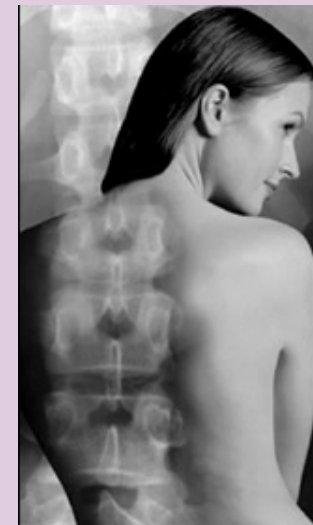
Indiana Physical Therapy



www.indianapt.com

INDIANA PHYSICAL THERAPY

Woman



Osteoporosis

What is Osteoporosis?

Osteoporosis is a progressive metabolic bone disease characterized by an absolute loss of bone to the point at which fractures can occur to vertebrae, hips, wrists, and ribs from minimal or no trauma. It is characterized by postural deformity, pain, and loss of functional capacity. By 2020, 61 million people will be affected by Osteoporosis, 80% of them women.

Risk Factors for Osteoporosis

- Postmenopausal women
- Excessive caffeine or salt intake
- Family history of Osteoporosis
- Smoking
- Excessive alcohol consumption
- Low body weight
- Frequent dieting
- History of eating disorders, especially anorexia



Consequences of Osteoporosis

- Hip, vertebra, wrist, and other bone fractures
- Immobility following fracture, leading to disability, long-term care, institutionalization, and occasionally even death

Can Osteoporosis be Prevented?

Osteoporosis is a preventable disease. A diet rich in calcium with at least 1,200 mg. of calcium from food and supplements along with 400-800 IU of Vitamin D is recommended. Smoking and excessive alcohol consumption deplete much needed stores of calcium; it is important to avoid both.

An active lifestyle including weight bearing activities and strength training should be a priority. Preventing falls in the home for the elderly who have Osteoporosis through home safety evaluations and through the use of hip protectors and padding should be emphasized.

Treating Osteoporosis

Pharmacologic interventions include medications, hormone replacement therapies, and selective estrogen modulators.

Physical therapy often accompanies hormone replacement therapy because it helps reduce pain, improve range of motion and postural deformities, and it can increase balance. Physical therapy improves all of the conditions associated with osteoporotic fractures and bone loss.

Referral Process

Indiana law requires a physician's referral for all physical therapy; ask for a referral to IPT Woman for Osteoporosis treatment. Your therapist will work with your physician to establish a specific treatment protocol.

Physical Therapy Interventions

At IPT Woman, patients with Osteoporosis will undergo a comprehensive physical therapy program including an individualized assessment, outcome measurement, and a thorough exercise program that emphasizes daily/progressive walking, resistive exercises focusing on the spine, hips and wrists, postural retraining, proprioceptive retraining, gait aid evaluation, ergonomic education, nutrition, and home safety.



You can expect to visit IPT Woman in eight visits over a four-week period. Patient education and compliance is a central component of our program. Specially trained Osteoporosis therapists are available at IPT Woman. For questions about IPT Woman or women's physical therapy, please contact Margaret Bryden at mbryden@indianapt.com.